

# WOMAN'S HOME PAGE

## CHARLES DWYER... Editor. THE FIRELESS COOKER IN THE SMALL HOUSEHOLD

### HAVING passed its experimental stage, fireless cooking is something which should be reckoned with by every housekeeper.

This magical box will solve the domestic service problem in many homes, and even the trained maid will hail it with joy. It is no respecter of persons, as it produces as satisfying meals for the woman who earns her living by the day as it does for the teacher, the student, or woman of leisure.

While the cooker does many wonderful and unexpected things, it will not generate its own heat. This must be supplied in abundance from other sources, and this heat, retained, gives the process of slow, continuous cooking which has been pronounced by authorities as the ideal manner of cooking. This process gives the least margin for mistakes and the nutrient and flavor of the food is retained.

#### Value of the Cooker

In the past year the number of fireless cookers put on the market is astonishing. From the cumbersome "day-box" has grown the attractive appearing cooker that can be placed in the dining-room, if necessary, without detracting from the furnishings.

It is a veritable godmother for the woman in large cities who pays an exorbitant price for a hall bedroom and perhaps on that account stints herself in nutritious food. A one-compartment box takes up very little space even in a hall bedroom. After heating a cereal, popping it into the cooker, the receptacle can be pushed under the bed out of sight, until morning, when lo and behold! the owner can take the nutritious, hot breakfast from the cooker without loss of time, as is necessary when preparing meals over the gas jet, gas plate or alcohol lamp.

All the long, costly operations necessary in stewing, steaming and broiling are cut down to just the necessary time to bring the foods to be served to the point where they are thoroughly heated. In this way gas or coal bills are modified, the house is free from odor or steam and the time spent watching the foods used to tidy up the rooms or do other necessary work.

#### Absence of Odor

The corned beef and cabbage dinner becomes a delight, as no suspicion of odor escapes into the room, and by cooking the vegetables without a cover when getting them heated for the cooker, the odor is lessened more than one-half. It seems almost incredible that onions can be cooking in one compartment, while a dainty dessert is being prepared in another without the slightest possibility of the mingling of flavors. But such is the case nevertheless.

The cooker is a priceless boon to the housekeeper during the summer months, especially to the one whose family demands hearty, hot food summer and winter, and in this instance it becomes an able assistant to the farmer's wife.

A disorderly kitchen full of steam,

to the sermon, as there is no danger of the dinner being dried up or burned to a crisp. During the rush of field work, the cooker, filled with its load of meat, vegetables and coffee, is transferred to the scene of action early in the morning and the men served their dinner while resting beneath some shady tree. Especially is this desirable when the field is a mile or two from the house and a walk in the hot sun is dreaded by the "hands."

#### Cooker in the Army

A basket packed with the dishes can accompany the cooker and the men wait upon themselves. This is not a theory but actual fact, as last summer it was put into practical test. The heavy noon meal out of the way, the farmer's wife can take part or all of that time to either rest or do other needful work, in the line of sewing and mending, before supper time arrives. Serving large families in this manner has been successfully demonstrated by the United States Army, and certainly soldiers work as hard and eat as heartily as "hands" in the harvest field.

But what about the city or town housewife who does not have to earn her own living? She too will find it a boon. With the rush of philanthropies and charities that these days fairly deluge this class of women and generally have them at their wit's end most of the time to find the time to fulfill all the demands upon them, the fireless cooker lifts the load of anxiety from her shoulders. She can prepare her dinner, thoroughly heat it and pop it into the cooker, then shop, visit or do charity work until fifteen minutes of dinner time, when she removes the food, piping hot, puts on the finishing touches and has a meal well cooked, served on time and accomplished without removing her dainty gown if she so desires.

#### Proportioning Time

Where several kinds of vegetables or meats are to be cooked, which require different lengths of time in which they will become tender, those requiring the longer time are put over first; when it is time for the others to be put in, the kettle is taken from the cooker and these vegetables or meats are heated thoroughly on coal or gas range just as the first lot were, and then all put in the fireless. Every time anything is added to the kettle it must first be thoroughly heated before being put into the cooker. In this way one will find each kind of vegetable or meat thoroughly cooked when it is meal time.

This may read like a very fussy way to get a meal, but it requires very little time, and no watching after once put into the cooker, and as vegetables take from one to several hours to become thoroughly cooked, the fireless method leaves many hours which otherwise would have to be spent in the kitchen watching to see that they did not burn

stances it is a money saver, for cheap meats become expensive when long cooking is necessary to make them palatable and digestible. In the cooker the cheapest, toughest meats become as tender as spring chicken, and with the expense of a fraction of a cent. A beef heart makes a satisfying meal when properly cooked with vegetables. When cooked by gas or coal it costs seven times its price in fuel before it becomes fit to eat. With the fireless cooker it takes just one-half hour to simmer, then placed in the cooker for ten hours becomes a tender piece of meat accompanied with delicious broth that can be utilized for its gravy.

Do not think for an instant that carelessness in dealing with a cooker will result in success any more than with a range.

#### Utensils Necessary

Tightly covered kettles are a necessity to prevent the steam from escaping after the contents have become boiling hot, for it is the steam which makes the foods should be made boiling hot to their very centers, the kettles filled with steam, the covers put on and fastened down at this time and removed to the cooker immediately. The box lid must be closed down, fastened securely and not opened until the food is done. When it does become necessary to look at any food, the kettle must be again put on the range and brought again to the boiling point and not left in the cooker, for when the cold outside air strikes the food it will gradually become cold and not finish cooking.

Exact directions regarding time necessary for cooking cannot be given. Time tables act only as guides; some foods require more, and where meats are tender, vegetables young and fresh, these all require less time than when meat is tough and vegetables old. Fruits, either sweet or sour, yield under the influence of heat more or less

readily, so common-sense and care must be exercised.

#### Testing the Cooker

Some cookers are better packed than others and retain the heat better. A safe guide is to bring a kettle of water to a furious boil, cover it tightly and place in the cooker. If at the end of twelve hours it is still hot you may place faith in the cooker to do its work. Small quantities of foods or liquids will not keep hot ten hours. In such cases the small amount must be put into a small jar, can or pail, and while scalding hot set into the larger fireless cooking kettle which must also have in it boiling hot water. The larger the body of the heat the longer it will remain hot. It is essential to keep always in mind that half-hearted, carelessly packed kettles and pails will result in failure.

Within the past year the oven attachment has been added to the many factored cookers. It is sometimes placed at the back, and again others have the simple addition of two soapstone griddles, which are placed on one of the compartments, made purposely for baking. One from the front, and the other from the bottom of the hole, and after the food kettle is rested on this the other is placed on top.

#### Preparing a Four-Course Meal

The purchased cooker consists of a neatly finished box in varying sizes, packed with substances to retain the heat and lined with tin. Over each compartment is fitted a cushion, which aids to concentrate the heat, and then a hinged lid clamps down over this section, leaving the right longer, to lap over at the left-hand closing.)

Baste the under-arm and shoulder-seams, gather the lower edge of the skirt and the center-back. Now tucks and on each front portion, from the points indicated on the pattern by perforations. Baste the belt to the waist, with the three notches in the edge of the belt matching the three notches in the front portions. Try the new skirt on. Pin the center-front line together and note any needed alteration. If the shoulder-seams require change (if the figure is a little short-waisted the waist may require to be drawn up a little at the shoulders), pin the new seam very carefully.

#### Fitting the Shoulders

Take off the waist and mark the new shoulder-seam line on both the front and back portions. Open the basting of the tucks far enough down to permit sewing a new shoulder-seam. The tuck extends across the shoulder, after the seam is made, and if you look at the shoulder-edges of the pattern you will see that the line across the tucks is a little irregular—not absolutely straight.

Be careful to preserve a similar line in the new seam, indicated by the careful pinning and tracing on the new shoulder-seam. This shaping gives the necessary spring to the fold-edge of the tuck, where it crosses the shoulder, and prevents its drawing or binding. Stitch the shoulder-seams, then stitch the tucks. Cut a lining for the belt from some strong lining material or unbleached muslin. Baste it to the seam joining the waist to the belt, placing the belt-lining against the waist, so the waist edges are between the edge of the belt and its lining.

#### The Dutch Collar

If the Dutch collar is to be used, cut two portions of both the collar and the collar-band. Sew the outside edges of the collar together (do not stitch on

the neck edge), with the right sides of the material of both face-to-face. After stitching, turn the collar and its facing, and make one or two rows of machine-stitching around the turned edge. Now baste the collar into the top of the collar-band, in the same manner that the waist was basted between the two belt portions—the collar-band on one side of the neck-edge of the collar, the collar-band-facing on the other side. Match the notches in the band to those in the collar.

Stitch this seam, continuing the stitching along on the ends of the band that extend beyond the collar, to provide the necessary lap at the center-front. Baste the lower edge of the collar-band to the neck-edge of the waist. Turn under a seam on the lower edge of the collar-band-facing and baste it to the waist.

From the outside of the waist, make a row of stitching entirely around the collar-band. Work a buttonhole in each end for a stud or collar button.

Finishing the Skirt

Baste a tuck at the left side of the front breadth of the skirt and at the center-back, making a slash into the seam-edge and turn the seam under, making the tuck into a hem, the depth of the placket. Face the corresponding edge of the left-front side-gore. Stitch the seams of the skirt and at the back make a plait at each side of the center-back seam, according to the perforations and the directions on the pattern label. Baste the upper edge of the skirt to the lower edge of the belt. Be careful to have the center-front and center-back of both even.

The left-hand end of the belt will extend beyond the edge of the left-front side-gore because it is attached to the waist as far as the center-front. Try on the dress and note the fitting of the skirt. The belt is supposed to dip a little at the center-front, the perforations on its pattern marking the actual waist-line. If the skirt requires any alteration, make it; if not, stitch the seams.

#### Marinated Fish

Take two pounds of speckled trout or white fish, and cut up in medium-sized pieces. Put into an earthen crock, salt, pepper and a pinch of ground cinnamon and cloves. On top of fish put five bay leaves, and cover with vinegar and water in the proportion of three

#### Scallops or Devilled Cream

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#### Cornish Vegetable Stew

One pint of green or butter beans cut in small pieces, one pint of green peas, three small potatoes and two small carrots. Cook all together for three-quarters of an hour in enough water to cover. Add one teaspoonful of butter, and salt and pepper to taste. Before taking from the stove, add half a cupful of milk or cream in which a teaspoonful of flour has been made smooth. Boil for several minutes and serve.

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Popcorn placed in the kettles as soon as popped and tightly covered will remain crisp for days. Bread dough can be raised in it without fear of chilling. It is an Aladdin's lamp to the nurse on duty, as she can serve herself a hot meal at any time of the day or night without leaving the patient's room. It brings within reach of the moderate salaryed family the ability to serve many of the dried vegetables, such as lentils, beans, peas, corn and dried fruits, that have been eliminated in many instances because of the expense attached to their cooking.

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curry. A four-compartment cooker may hold a four-course dinner ample for a company dinner and all prepared hours beforehand without the slightest danger of its spoiling.

Soup is cooked in the first compartment, meat in the second, vegetables in the third, and a kidney pasty being a special treat to a Cornishman.

Those in the old country who cannot afford meat—and there are many such people—use leeks as a substitute, "licks," as they call them, and this is called a "licky" curry.

#### Whits Stock

The important thing to remember is that white stock must keep the color which gives it its name. It is in a way an indication of its delicacy, and if it is darkened it loses that which distinguishes it from the heavier beef stock. The meats to be used for a foundation for the white soups are chicken and veal, and, as they have not the keeping qualities of beef, it is not advisable to make this stock in large quantities.

Keep in mind the principles of your first stock making, that it is a system of extracting, that all bones should be cracked, and the whole submitted to a long simmering process. To season this more delicate stock use, for two pounds of meat and two quarts of water, one-half teaspoonful of white pepper, one teaspoonful of salt, one spoonful of celery salt and an onion.

#### Chicken Broth

To make a thin chicken broth from this stock heat it to the boiling point, add rice or barley in the proportion of one cupful of rice or barley to one quart of stock. A little variation is sometimes made by adding chopped chicken to a quart of the stock.

This stock serves as a basis for the many vegetable cream soups which are made with milk, one of the most delicious being cream of asparagus.

#### Cream of Asparagus

Cut the tops from one bunch of as-

#### Saffron Cake

Make a small sponge as for bread, using one and a half yeast cakes. When light, take two quarts of sifted flour, two cupfuls of shortening, half butter, two and a half cupfuls of sugar, a quarter of an ounce of saffron which has been steeped in a cupful of water for half an hour, and mix well with the sponge. Then add three cupfuls of currants, two cupfuls of finely-chopped citron, one tablespoonful of salt, half a pound of raisins, and one tablespoonful of lemon extract. Let it rise like bread, and bake in two loaves.

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parts vinegar to one of water. Cover the crock with two thicknesses of brown paper, tying it down closely. Prick a few holes in center of the paper. Bake in a very slow oven for four or five hours.

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short-cake is made with honey. Blend together half a cupful each of honey and sugar with two tablespoonfuls of water. Heat over the fire until it forms a thread. Remove, and stir in the stiffly-whipped white of an egg. Beat constantly until the mixture cools, when it will be soft and thick like cream. Spread between layers of the cake and frost the top.

#### Honey Cakes

In making cakes honey takes the place of a part of the sugar. To a cupful of flour, use two tablespoonfuls of sugar and three of honey, the cakes otherwise being made after the usual recipes. Spice cake has a delicious flavor and "stickiness," the same as when using molasses. In sponge cake use two-thirds of a cupful of honey, one cupful of flour and three eggs. Beat the yolks and honey together, add the flour and four tablespoonfuls of cold water. Mix well, then fold in lightly the stiffly-whipped whites of the eggs. Add lemon or vanilla flavoring. Bake in a quick oven.

#### Luncheon Sandwiches

Luncheon sandwiches are very appetizing made with one side of the bread spread with thick honey that will not run readily or ooze out on the edges. On the other piece of bread spread butter and beaten to a cream. Children are especially fond of these sandwiches in their school lunches. They are also well suited to serve with afternoon tea or coffee. For the latter, cut the sandwiches in fancy shapes with tin cutters.

#### Honey Omelet

For an omelet, honey is unexcelled. Make a plain omelet mixture, using water in place of milk. As it makes an omelet more tender. When the omelet is cooked, pour over a fine stream of honey and serve at once. Make giddle

#### Veal Croquettes with Kidney Sauce

paragus and boil twenty minutes in salted water. Take a pint of the white stock and add the rest of the asparagus cut in small pieces, and boil the same length of time. Also put to heat in the double boiler a pint of milk. Shave one onion into a saucepan containing a heaping tablespoonful of butter, and cook it carefully but do not allow it to burn. Skim the asparagus out of the stock and add to the contents of the saucepan. Stir until the vegetables are well mixed, and add to them a tablespoonful of flour. When this is cooked and smoothed into the other ingredients, put the mixture into the ingredients and let it boil for twenty minutes. If you have time yourself, right the milk will now be heated in the double boiler. Rub the stock and its favoring vegetables through a sieve into the milk, and season to taste. At the last moment before serving, the asparagus tops may be added.

#### Are you sighing because for want of

asparagus you never had the soup once? If so, I do not blame you, but on the other hand I could not refrain from telling you about it, for without it, to my mind no chapter on soups with stock would be complete.

#### HONEY IN COOKERY

Honey can be used in many different ways. A nice relish for breakfast is made by dipping half slices of stale bread in a honey mixture made of a cupful of milk, one egg beaten as for custard, a pinch of salt and two tablespoonfuls of honey. After dipping, brown quickly on both sides, using ham or bacon fat to fry in. Serve with honey or butter. A delicious filling for layer cake or

#### Food Value of Honey

Honey has medicinal qualities also. It is often used with great benefit